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With the NHL locked out,
 Metro speaks to the people who play for love
BLADES... NO GLORY

PAGES 10 & 11

BRAVE GIRLS

A DAY MEANT TO CELEBRATE YOUNG ACTIVISTS IS MARKED WITH SADNESS AFTER A RUTHLESS TALIBAN ATTACK ON A 14-YEAR-OLD

PAGES 6 & 7

Police expect to give update on search for body

Progress. Officers say they will talk to media about the search at the Brady Landfill for missing aboriginal woman Tanya Nepinak after they speak with her family

 **SHANE GIBSON**
 shane.gibson@metronews.ca

Winnipeg police are expected to make an announcement Thursday about how their search for Tanya Nepinak's body is progressing at the Brady Landfill.

Officers began combing through a 25-foot-by-25-foot search site at the dump on Oct. 3, and police spokesperson Con-

st. Jason Michalyshen said at the time that the search would go on as long as needed.

The search was expected to take three to five days.

Metro has learned the six-person search team and its equipment were still at the site as of Tuesday — the same day Michalyshen told reporters nothing had turned up yet.

"I'm not aware of anything being located at this time," he said.

Aboriginal elders pointed to the search site where officers have been over the last week following a traditional ceremony at the landfill this summer.

Police believe Nepinak's body was put in a West End Dumpster, and then taken to the landfill shortly after her disappearance.

Missing since 9-11

Tanya Nepinak was last seen in September 2011

- Alleged serial killer Shawn Cameron Lamb was charged with her homicide in June, despite the fact her body has not been found.

Michalyshen acknowledged Tuesday that the wintry weather the city's seen over the last week has hindered the search team somewhat.

"We had some delays with respect to weather," he said.

Follow Shane Gibson on Twitter @sgibson



Go or no?

Skydiver hopes to free fall 37 km soon, weather permitting PAGE 5

Travelling songs

Rocker's new album inspired by trips around the world PAGE 15

Spy style

Metro talks to James Bond's designer about 007's look PAGE 22

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The banner consists of a repeating pattern of five words: LEARN, CREATE, LEAD, DREAM, and EDUCATE. Each word is in a bold, black, sans-serif font. The pattern repeats from left to right across the width of the banner. To the right of the banner, there is a red rectangular area containing the Rogers logo, which includes a stylized 'R' icon and the word 'ROGERS' in a bold, white, sans-serif font.

Search

Suspects sought in robbery

Winnipeg police are looking for three men after a business was robbed on Tuesday night.

Officers were called to the 1000 block of Elizabeth Road at approximately 12:30 a.m. after a suspect allegedly armed with a knife went behind the counter and obtained an undisclosed amount of cash.

A second suspect allegedly removed merchandise from the store while the third suspect was in possession of a hammer.

The three men fled and the 19-year-old store employee was uninjured.

No arrests have been made.

One suspect is aboriginal, in his early 20s, between five-foot-10 to six-foot, 170 pounds and has facial acne scars.

Another suspect is five-foot-nine to five-foot-10 about 150 to 160 pounds and in his early to mid-20s.

The third is five-foot-six to five-foot-seven and 140 to 150 pounds.

ALYSSA MCDONALD/FOR METRO

Concerts

Festival by seniors, for seniors

The Manitoba Seniors Music Festival got off to a sound start Tuesday night with an audience of over 250 people at the Westminster United Church.

The festival features 10 concerts and performances by 28 different musical groups. Tuesday's show featured Rupertsland Brass Band, the Bison Men's Chorus and the East Side Jazz Band.

Tickets are \$10 for each performance and are available in advance at McNally Robinson Booksellers and at the door.

ALYSSA MCDONALD/FOR METRO

Province partners up with Normandy

French connection.

Premier supports effort to have Normandy landing sites become part of UNESCO World Heritage List

Premier Greg Selinger signed a memorandum of understanding (MOU) with the vice-president of Lower Normandy Wednesday in hopes of strengthening economic, cultural and historical ties with this region in northwestern France.

"It is very important because it builds on relationships we've been developing over the last three years," said Selinger after a signing ceremony held at the Manitoba Legislature with Annie Anne, Lower Normandy's vice-president. "There are a lot of things we have in common and we think we're off to an excellent start with this memorandum."

The MOU will help develop trade and economic partnerships and scientific innovation in the areas of eco-materials and composites manufacturing, functional food development, the trans-



A Manitoba veteran of the 1944 D-Day operation, Paul Martin, is congratulated by Annie Anne, Lower Normandy's vice-president, and Premier Greg Selinger after Anne presented Martin with a medal on behalf of her government on Wednesday. SHANE GIBSON/METRO

portation sector, and information and communications technologies, according to a release from the provincial government.

Selinger said the MOU would help develop a link over the Atlantic Ocean between Manitoba and Lower Normandy through the Port of Churchill and the Ports of Normandy Authority.

"It'll open up markets in Europe for Manitoba businesses, it opens up tourist opportunities here in Manitoba,

and it builds relationships between our universities as well," he explained.

After the document was signed, Anne and France's ambassador to Canada, Philippe Zeller, honoured veterans living in Manitoba who were part of the 1944 D-Day campaign by presenting medallions and thanking them on behalf of their government.

"Thanks to your courage, you came and chased away the occupying force and you opened the route to free-

dom for us," Anne told the eight veterans in attendance through an interpreter. "It is important no one forgets the price that was paid 68 years ago by the young people of that time while they were trying to conquer a freedom that had been almost destroyed by an inhuman ideology.

"It is also very important that the young generation not forget the bravery displayed by their elders on the beaches of Normandy."

SHANE GIBSON/METRO

1
NEWS

Thriving bookstore. Long-time staffers to take over McNally Robinson

Community and culture will remain the top priorities as two staff members take over McNally Robinson Booksellers.

Chris Hall and Lori Baker have begun the process of buying the company from Holly and Paul McNally, who started the independent bookstore in 1981 and are re-

tiring.

"I've been here 16 years and it's become a part of me, and I a part of it," said Hall, who has worked for the bookstore since 1996 and was most recently the senior inventory manager at the Grant location in Winnipeg.

"It gets into your heart," added Baker, who has worked

as the store's comptroller for the last six years.

Co-owners Hall and Baker said they want to keep the beloved culture of the business alive while being able to adapt to the changing market. In fact, McNally will still be a place for book readings, cultural events and local literature. ALYSSA MCDONALD/FOR METRO

Royal Fork Buffet

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An advertisement for Royal Fork Buffet. It features a large image of various food items including sushi rolls, bubble tea cups, and Chinese dishes. The text on the left side of the ad includes the restaurant's name, a note about new offerings, and contact information. The right side of the ad has a promotional offer for \$2.00 off regular lunch or dinner.

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This bowl, designed by country group Lady Antebellum during their stop in Winnipeg in March, was auctioned on Tuesday for \$525. ALYSSA MCDONALD/FOR METRO

Meryl Streep's bowl earns top bid for Harvest

Huge impact. More than \$300K raised for food bank

ALYSSA MCDONALD
winnipeg@metronews.ca

More people in need will have access to food thanks to some generous Winnipeggers and artistic celebrities.

A bowl donated and signed by Oscar winner Meryl Streep got the top bid of \$1,700 at Tuesday night's Empty Bowl Celebrity Auction by Winnipeg Harvest.

In total, 41 bowls and raffle prizes raised \$314,600.

Impact

"It allows us to keep those trucks moving to the 343 locations across Manitoba."

Kate Brenner, director of development for Winnipeg Harvest

Kate Brenner, director of development for Winnipeg Harvest, said the event has raised about \$1.1 million over the last four years.

"The impact is huge. It's such a large amount of money to be able to move food to all these families," Brenner told Metro on Wednesday.

Brenner said there has been

a 19 per cent increase since last year in people relying on food banks.

Every dollar raised at Tuesday's event will go to helping feed hungry Manitobans.

Brenner said that the space at Delta Winnipeg was donated and all of the servers at the fundraiser donated their time.

As for the bowls, Winnipeg Harvest tries to catch celebrities visiting Winnipeg to customize bowls but many are shipped in for free by Purolator.

A smaller version of the gala, Empty Bowls Souper Lunch, is on Nov. 8, and features local media personalities and celebrities who have decorated bowls, including one from Metro Winnipeg.

TRICIA LOVES THE STAGE, THE '60S AND HER FAMILY



ABOVE-AVERAGE JOE
Kerri Salki

Meet Tricia Cooper — mother, wife, friend, comedienne. She loves to perform comedy and is good at it, too. (Remember Winnipeg's Royal Leichtenstein Theatre Company? She was one of the founding members.)

Her two kids and hubby keep her busy on the home front. Right now, not only is Tricia finishing up a year-long program at the U of W, she is rehearsing for a play at MTC. She'll be looking for work after the play wraps, just so you know!

Name: Tricia Cooper.
Born: April 26, Minnedosa, Man.
Occupation: Writer/actor/communications intern.
Dream job: Writing for a TV show.
Favourite team? Winnipeg Rifles, the Lady Wesmen and, of course, the Luxton Falcons.
iPhone, BlackBerry or Android?: Huh?

Pet peeve: Parents on their cellphones constantly texting at the park. Play with your kids!

Last time you cried: Last night when I watched Parenthood. That show reduces me (to tears) every time!

Last book you read: Diary of a Fly.



Tricia Cooper CONTRIBUTED

Decade you wished you could have lived in: The '60s.
Most exciting thing that's ever happened to you: It has to be the kids. They are pretty awesome and exciting.
If you know an Above Average Joe that you think needs recognition, email kerri.salki@102clearfm.rogers.com. Kerri is part of the Joe Show with Kerri and Bubba' morning show on 102.3 clear fm.

It's a go — or is it? Skydiver sets new date with destiny

Sunday or Monday.

But will Mother Nature allow intrepid Felix Baumgartner to make a 37-kilometre supersonic free fall?

He's ready for a supersonic free fall. But will Mother Nature let him?

Extreme athlete Felix Baumgartner hopes to make a second attempt to achieve a 37-kilometre skydive over New Mexico on Sunday or Monday.

Baumgartner aborted his mission Tuesday due to high winds. His team had hoped the weather would allow him another try Thursday.

But now they're looking at the next window being Sunday or Monday.

Baumgartner is hoping



Felix Baumgartner was all suited up before his mission was postponed on Tuesday. THE ASSOCIATED PRESS

to become the first skydiver to break the sound barrier by jumping from a capsule floated into the stratosphere by an ultra-thin, 55-storey helium balloon.

The balloon is so delicate

it can take off only if winds on the ground are 2 m.p.h. or less.

Baumgartner is disappointed "like the rest of us" but is taking a couple of days of critical downtime, his high-performance athletic trainer, Andy Walshe, said Wednesday.

Team meteorologist Don Day noted during a media briefing at the Roswell launch site that weather delays are common in stratospheric ballooning.

"It takes a lot of patience," said Joe Kittinger, a former Air Force captain whose free-fall record Baumgartner is trying to break.

In his 1960 jump, Kittinger reached 614 m.p.h., or Mach 0.9.

Baumgartner, a former military parachutist from Austria, hopes to reach 690 m.p.h., — or Mach 1.

THE ASSOCIATED PRESS



Two killed in deadly cascade of concrete

"It fell to the ground like a house of cards." That's how eyewitness Victoria Buczynski described the collapse of a parking garage under construction at a community college in Miami on Wednesday. Two people were killed and two others were trapped in the rubble — here, being surveyed by a rescue worker. One person was pulled from the debris, but there was too much concrete around to immediately rescue the other one, who was being treated by a doctor and a paramedic. At least 10 other workers were injured. LYNNE SLADKY/THE ASSOCIATED PRESS

Body stolen

Who knew? Dead man was drug czar

Mexican marines at first had no idea they'd killed the leader of the country's

most-feared drug cartel in a gunfight, the navy said Wednesday.

Rear Admiral Jose Luis Vergara said Heriberto Lazcano's body was left at a funeral home along with the body of an accomplice after

Sunday's gunfight because marines believed he was just a common criminal.

Vergara said authorities only realized they had killed a significant figure when armed men stole the body.

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Violence mars first Day of the Girl Child

'Collective sense of horror' 14-year-old advocate of girls' right to education shot



JESSICA
SMITH
Metro in Toronto

Oct. 11 was meant to be an international celebration of girls and their right to go to school — but the shooting of a 14-year-old girl who dared to demand an education in Pakistan has brought new urgency, and tragedy, to the cause.

The first-ever International Day of the Girl Child has been recognized by the United Nations for the first time, after years of diplomatic work spearheaded by Canadians and the charity Plan Canada and its Because I am a Girl initiative.

"The celebration is now mixed with our collective sense of horror, that a young 14-year-old girl who simply wanted to go to school has

been gunned down," said Rosemary McCarney, president and CEO of Plan Canada. "It's a terrible moment in the world that this young crusader, who was doing exactly what every girl in Canada knows is her right, has been harmed."

A gunman shot Malala Yousafzai in the head and neck on a school bus in the Swat Valley Tuesday. The Taliban took credit for the attack, and promised to attack her again — because she is an outspoken advocate of girls' right to education.

Malala has spoken publicly and blogged with intelligence beyond her age since

she was 11 years old. Her struggle for education, however, is not unique.

"Malala is a 14-year-old who just wanted to go to school. She has joined 75 million other girls around the world who are not in school today," said McCarney. "In 2012, there's no excuse. There's no excuse for these girls not to be able to take their rightful place in schools around the world."

The International Day of the Girl Child celebrations will go on. Landmarks, including the CN Tower, Niagara Falls, pyramids in Egypt and iconic buildings around

the world, will be lit up in pink, and long-planned events — including a concert in Toronto on Thursday — will proceed, said McCarney.

It will be a celebration of Malala and all girls, she said.

"There are many other girls around the world — 75 million others — who aren't in school as well, for reasons of violence, because they've been married off, because they've been sold off into labour. For all kinds of reasons," she said.

"This is everyone's problem. Not just the problem of one family and one country. This is all of our issue."

WITH FILES FROM THE ASSOCIATED PRESS

Nine years in school

To mark the International Day of the Girl Child, Plan International launched the Because I am a Girl initiative and is calling for girls to get a minimum of nine years of quality education.

- Since 1999, girls have nearly achieved parity with boys in access to elementary school education — and the worst inequalities now persist only in the poorest, most remote and rural pockets of the world, said McCarney.
- According to Plan, every year 10 million girls are forced or coerced into marriage, which often leads to girls leaving school early, as well as an increased likelihood of HIV-AIDS and chance of death during childbirth.



Women hold banners during a protest condemning the attack on schoolgirl removed a bullet Wednesday from the neck of the 14-year-old girl who was government minister said. The banner on the bottom right reads, "The Ambassador of PEDA".

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Malala Yousafzai in Islamabad on Wednesday. Pakistani doctors successfully shot by the Taliban for speaking out in support of education for girls, a Taliban is afraid of an unarmed girl. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Probation violation

Hearing set for man behind anti-Muslim film

The man who was behind an anti-Muslim film that sparked violence in the Middle East denied on Wednesday he violated his probation stemming from a 2010 bank-fraud conviction.

An evidentiary hearing has been set for Nov. 9 for Mark Basseley Youssef, 55, who has been in a federal detention centre since Sept. 28 after he was arrested for eight probation violations, and deemed a flight risk by another judge.

THE ASSOCIATED PRESS

Who's your daddy?

'Diefenbaby' finds possibilities for DNA tests

The winding saga of a man's quest to prove former prime minister John Diefenbaker was his father has a new twist with word of two new possibilities for genetic matching.

George Dryden hopes to discover the truth through a DNA test on hairs that belonged to Diefenbaker or a DNA report done on a tooth believed to have belonged to the former prime minister. THE CANADIAN PRESS

Education

The world is changing for girls

More girls are going to school than ever before.

In developing regions, 97 girls were enrolled in primary or secondary school for every 100 boys — an improvement over 1999, with 91 girls for every 100 boys in elementary schools and 88 girls for every 100 boys in high schools, according to Plan Canada.

"There's still 75 million girls (of school age, under 16) missing from school," said Rosemary McCarney, president and CEO of Plan Canada. "Of those, 39 million are girls missing from secondary school education."

While Central Asia, Latin America, the Caribbean, Southeast Asia and the Caucasus at the border of Europe and Asia have shown the most progress over the past 10 years, progress for girls' education has lagged in most other parts of the developing world.

JESSICA SMITH/METRO IN TORONTO

Espionage. Naval officer pleads guilty to giving up military secrets



Sub-Lt. Jeffrey Paul Delisle leaves provincial court after pleading guilty to charges related to communicating information to a foreign entity in Halifax on Wednesday.

ANDREW VAUGHAN/THE CANADIAN PRESS

statement of facts in the case.

At the bail hearing, Decarie said in court that "following some personal problems, Delisle walked into the Russian embassy in Ottawa and offered his services. He offered to sell information to them."

Decarie read in court portions of a statement she said Delisle gave to police. She said he asked to speak with a security officer at the embassy.

"I showed them my ID card and they asked me a bunch of questions, took my name and off I go," said Decarie, reading from Delisle's statement to police after he was arrested last Jan. 13. THE CANADIAN PRESS



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Ontario legislature**Conservative MPPs sponsor pro-life news event**

Ontario's Liberal government accused the Progressive Conservatives Wednesday of trying to reopen the abortion debate after three Tories sponsored a news conference at the legislature to stop public funding of the controversial procedure.

It only takes one MPP to sponsor an event in the

legislature's media studio, so having Conservative MPPs John O'Toole, Randy Hillier and Rick Nicholls all sponsor an announcement by Campaign Life was a clear attempt to reopen the abortion debate, said Laurel Broten, the minister responsible for women's issues.

"We have seen Prime Minister [Stephen] Harper distance himself from the issue but at the same time allow backbench MPs to drive an agenda forward," Broten told reporters.

THE CANADIAN PRESS

Media studies**Now, we bring you more bad news ... about the news**

It's said that no news is good news. But what's the effect of bad news in the media?

For women, exposure to negative news stories may make them more reactive to subsequent stressful situations, according to a study published Wednesday in the journal PLoS One, which did

not see that same response in men.

Researchers also found that women had a better recollection of information learned from those so-called bad news stories. It's difficult to avoid the news, considering the multitude of news sources out there.

"And what if all that news was bad for us? It certainly looks like that could be the case," said lead author Marie-France Marin, a PhD candidate in neuroscience at the University of Montreal. THE CANADIAN PRESS

N.Y.C. homeless crisis worsens**Emergency.** New York is required by law to provide shelter to every person who seeks it

With a grand entryway of ornate white stonework, the elegant building seems to blend right into this Manhattan neighbourhood of multimillion-dollar brownstones. It's the crowd of people who loiter on the stoop at all hours — under the constant eye of a surveillance camera — that gives it away as a homeless shelter.

Faced with unprecedented overcrowding in New York City's homeless shelters, Mayor Michael Bloomberg has cut through the bureaucracy to open up new shelters across the city, pushing some into wealthy areas where residents fear their new neighbours will

bring in crime and drugs.

"It sort of felt almost like a bomb landing," said Gwynne Rivers, a mother of three who lives near a new shelter for homeless adults on the city's Upper West Side. "We just have lots of concerns about safety."

Bloomberg has opened 10 new homeless shelters in recent months in response to the escalating crisis. A recent census report found the city harbours a disproportionate 14 per cent of the nation's homeless, with Los Angeles a distant second at three per cent.

The crisis stems from a lack of affordable housing and the city's ever-growing gap between the rich and the poor, one of the widest in the U.S. and comparable to that found in sub-Saharan Africa.

As the crisis escalates, the city has used its power of emergency authority to create shelters as quickly as possible, bypassing the typical community approval process. And that has created turmoil in neighbourhoods like the Upper West Side, where a shelter opened in August among apartments occupied by the wealthiest one per cent of Americans.

THE ASSOCIATED PRESS

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A recently opened homeless shelter in New York is viewed from behind a fenced playground last month. Neighbours are in turmoil, saying they were blindsided by the suddenness of the shelter's opening. BEBETO MATTHEWS/THE ASSOCIATED PRESS

COMMUNITY SUNDAY: OCTOBER 21**Ever thought of designing a stamp?**

Come see these fishing themed competition entries and decide which one you think is the best!

On your way in, browse clothing, jewellery, handbags, baked goods and more at our Artisan's market, then relax over lunch, coffee or a glass of wine while you listen to the music of the Karl Kohut Trio and their gorgeous interpretations of Stevie Wonder's Innervisions. With special guest Joanna Majoko on vocals, the trio features Curtis Nowosad and Will Bonness.

SNAC
OPEN 11am-5pm (music 1:30-3:30). Past the Trappist Monastery Ruins. Free admission, donations appreciated.

Soprano to hit high notes in space-station mission

A Starship Trooper.

British singer Sarah Brightman poised to become first recording artist in space

Sarah Brightman, the world's biggest-selling soprano, says she has booked a trip to the International Space Station.

Brightman, who had a hit in 1978 with *I Lost My Heart to a Starship Trooper*, will become the first recording

artist in space.

The British singer said Wednesday that after touring the world in 2013 for her new album, *Dreamchaser*, she will spend six months in Russia's Star City cosmonaut training centre.

She hinted at the possibility of doing a promotional "space concert."

Brightman teamed up Space Adventures, a company that organizes trips for private space explorers.

The first leg of her world tour kicks off in Canada next January — and Brightman



British singer Sarah Brightman

MIKHAIL METZEL/THE ASSOCIATED PRESS

says there's a reason for that.

She told The Canadian Press it was one of the first

countries that picked up on her when she started out as a solo recording artist.

"It's dear to my heart, and also my grandfather on my mother's side and my great-grandparents made the journey across to Saskatchewan and they lived there as farmers," she said in an interview from Moscow.

No date has been set for her space odyssey to the International Space Station, but Brightman said she's looking at between late 2014 and early 2015.

THE CANADIAN PRESS

Alleged murder

Charge upheld in deadly-buttocks-enlargement case

A Philadelphia woman performed deadly cosmetic surgery on a London dancer in an airport hotel room, then fled when the client went into respiratory distress, witnesses testified Wednesday.

A judge upheld a third-degree murder charge against Padge Gordon after the woman's friend testified about getting silicone injections to enlarge their buttocks in February 2011.

Claudia Aderotimi, 20, died of a pulmonary embolism.

THE ASSOCIATED PRESS

Primate castaway

Traps set for biting wayward monkey

Wildlife officials in Florida say the mystery monkey of Tampa Bay bit a woman during an unprovoked attack in St. Petersburg.

Florida Fish and Wildlife spokesman Gary Morse says the woman was sitting outside Tuesday when the monkey bit her on the back. The Tampa Bay Times reports wildlife officials sent a trapper to the area.

Officials believe the monkey, which has been spotted numerous times in the Tampa Bay area in recent years, was cast out of a colony in Silver Springs near Ocala.

THE ASSOCIATED PRESS

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She's got the look

1 **2**
3

Top, Audrey Tannant of the Adult Safe Hockey League's Ice Queens has a beer in the dressing room following a night match last week at 8 Rinks in Burnaby, B.C.

JENNIFER GAUTHIER/FOR METRO

1 Cheap swill is just fine.

There is a reason it's not called a water league. Is there anything more satisfying than that first icy-cold (or even lukewarm) sip after a mid-week, midnight ice game? The best part is that it doesn't even have to be a decent beer. In fact, one might argue, the cheaper the better. After the hard-fought on-ice battle — the war — you've just gone through, even the cheapest swill is transformed into liquid gold.

2 Nuts to fashion.

So the socks don't match. Where am I, in a boardroom? At somebody else's boring wedding? If they have time to judge, they're not skating hard enough. And those aren't rips — they're speed holes, man. Watch me fly.

3 Street clothes — ahhhhh!

The game is done. It's late and it's time to go home. As much as you'd like to wear your gear home, you're no longer eight years old. But on the plus side, when have your clothes ever felt as good? What happened while you were on the ice that transformed your tired threads into some sort of wonder cloth? Ahhhhhh!

METRO IN VANCOUVER

Beer-league bonanza: Any time is hockey time

Sure, the NHL's regular season was supposed to start today. It may be on ice, but there's just no stopping the hordes of hockey-mad folks across the country so devoted to their local beer leagues they'll pay big bucks to play. They're drawn by the leagues' time-tested mix of camaraderie and competition — all topped off by the obligatory post-match drinks

DARRIN BAUMING
winnipeg@metronews.ca

When Jeff Dayton stepped on the ice this fall, it marked the beginning of his fourth men's rec-league hockey season without missing a single game.

His club now 3-3, the hard-nosed forward sits second among the Icebreakers in points with 11 as they battle to retain the eighth and final playoff spot in the Wade Flaherty Division of the Winnipeg Jets Hockey League.

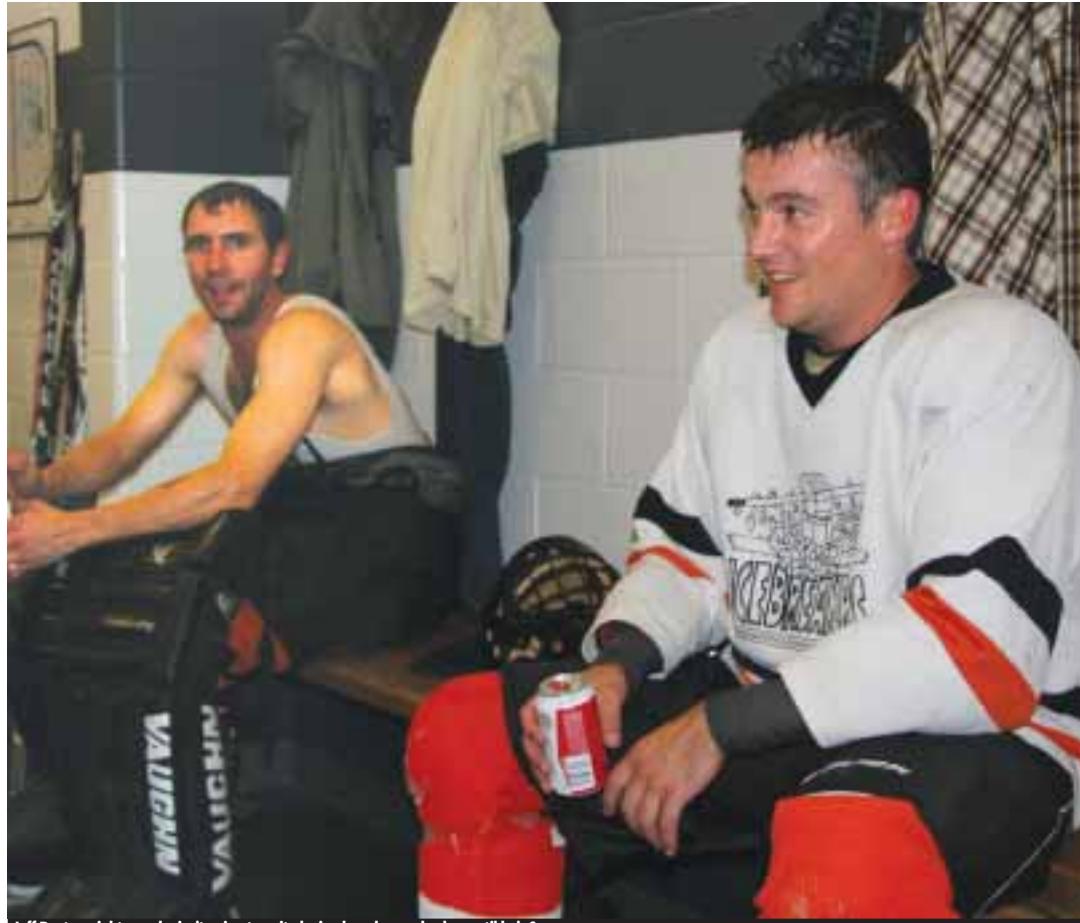
And on Saturday night, Dayton's two helpers and plus-three performance lifted the Icebreakers to a 3-1 victory over the rival Scorpions.

Sure, Dayton helps his team win on the score sheet, but his ability to play through pain is most impressive.

His list of ailments reads like that of an entire roster. "Right now, some tendonitis in my shoulder, a sprained finger, and a sore groin and ankle all the time," said Dayton.

Over the last couple of seasons, the 32-year-old carpenter battled a herniated disc in his back and a hip flexor, but still didn't miss a start. Why does he do it?

"I've played with these guys my whole life. I love it. I've just loved the game since I was four years old. I don't ever want to quit. Someday it's going to happen, but hopefully not until I'm 65."



Jeff Dayton, right, says he isn't going to quit playing beer-league hockey until he's 65. DARRIN BAUMING/FOR METRO

Anyone can play: How a Chinese immigrant fell in love with hockey

DARRIN BAUMING
winnipeg@metronews.ca

When Xin Wang moved to Manitoba from China in 1998 to finish her university education, she hadn't heard of the game of hockey. She had never even laced up a pair of skates.

But soon after graduating, she started learning to skate — and to play the game that is synonymous with being Canadian.

"I love it," said the

37-year-old chartered accountant, now in her third season. "It was completely because of people at work. There were two girls playing in the Great West Life Women's Hockey League that were bugging me for a couple years. Finally I said, 'I'll try it.'

"When I just started I really didn't know how to skate even. But the people were so nice, they taught me how to skate, gave me advice. Everybody was so patient with

me. Nobody laughing at me. 'Xin, do this. Xin, do that. I'll show you how to shoot the puck. I'll show you how to turn.'"

That camaraderie and encouragement from her teammates has turned what was once just her new Canadian winter pastime into a long-term pursuit.

"I think I'll definitely play this game for the rest of my life," she said. "It's all because of the wonderful people I play with."



Xin Wang took up hockey after moving to Manitoba from China. DARRIN BAUMING/FOR METRO

Why are we so passionate about hockey?

"It's who we are in our eyes and in the eyes of others around the world. Despite the rivalries between teams, hockey still manages to bring the people of this country together.... No other sport is as ingrained into the Canadian identity and Canadian history as is hockey."

Lori Dithurbide, assistant professor at Dalhousie University with a PhD in sport and exercise psychology

Rink rage

Mr. D's not just another pretty face in beer leagues

When NHLers get a black eye or a cut on their face, they don't have to explain it at work the next day. But it's a different story for beer-league hockey players like Gerry Dee.

Dee, an award-winning comedian and star of CBC Television's hit sitcom Mr. D., runs the risk of going on camera looking like he got into a bar fight every time he plays beer-league hockey.

"My job is my face, really — my face and my voice," says Dee after recalling some of the bumps and bruises he's racked up over the last decade.

It's bound to happen. When adrenaline's pumping in a rink chock full of men, injuries and minor scuffles tend to happen. Dee says one incident he recalls most was a fight with Metro's photo editor Dave Starrett a few years ago.

Tempers flared, a fight (or altercation, as Starrett stresses) ensued.

"I remember being able to pull his helmet around his face. And, it was funny, he was screaming, 'Not my face! Not my face!'" says Starrett. "I remember that more than anything else in this whole event."

Dee ended up rushing to an emergency dentistry clinic to fix a loose tooth that was "hanging by a thread" before going home with a swollen lip and all the less-than-subtle dental wiring.

"I had wires across my teeth, my lips were black and blue," he says. "It was the night before my wife and I were taking my daughter to Disney World."

But Dee says the thought of keeping his face intact for professional purposes never even crossed his mind at the time. Besides trying to save his tooth, nothing else matters when tempers are running high, he says.

"Your temper gets the best of you," he says. "Your instinct is to go back and fight. It depends on the situation, I guess. Now I've got a TV show — I can't have a busted jaw."

While Dee had time to heal on vacation after the incident with Starrett, he says he now takes more precautions and avoids any "risky" activities a month before he starts filming. But even if he did get a black eye, Dee says it's not something he'd try to hide.

"What am I going to do, put a patch on my eye? You can get a black eye from getting a puck in the face. It doesn't always mean it's a fight. It could be from a stick or puck," he says. "It's not the end of the world. It's Canada — we're used to it.... Most guys in this country have played beer-league hockey and have some sort of battle scar from a puck, a fist or a stick, or the boards, as I've had happen." PHOEBE HO/FOR METRO IN TORONTO



Gerry Dee, an award-winning comedian who has a new book out and is set to go on tour, says he avoids playing "risky" sports like beer-league hockey at least a month before filming. CONTRIBUTED

Sacrificing Z's for late-night puck time

No NHL pampering for pickup players

In Canada, ice time at local rinks is a prized possession. It's especially scarce for those who fall under the post-minor

hockey umbrella.

Because of that reality, men's and women's pickup leagues — commonly referred to as "beer leagues" — tend to rent during less-desired time blocks.

Adam Couston, a 25-year-old from London, Ont., who signed up for two recreational leagues this winter, will step onto the

ice twice a week at 11 p.m.

Sometimes he won't be home until 1 a.m., eliminating the possibility of a good night's sleep. When you tack on the obligatory wind-down period before being able to fall asleep, you're looking at long-term nap territory.

"The one summer I was working from 6 a.m. to 6 p.m., so I would be working a 12-hour shift after playing late the night before," Couston said, adding he's been guilty of sleeping through classes in the past. But work is different, he says: "You've gotta go."

In the end, a lack of sleep is merely the non-monetary price to pay. JOHN MATISZ/METRO IN LONDON



The Winnipeg Jets' Alexander Burmistrov
THE CANADIAN PRESS FILE

Net worth. Goalie makes the grade

In hockey circles, many say it's the hardest position.

Well, at least to fill with a body in a beer league.

"A big reason why I play in net is because I got the gear for free," says Trevor Lamoureux as he gazes over his well-used equipment. "My buddy hurt his knee, and just gave it to me."

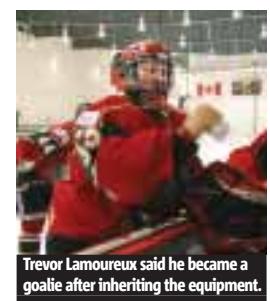
The equipment can be pricey, the position a honed skill, and yet a huge reason why the goaltender spot is the hardest to fill in any rec league remains beyond the obvious.

"No one is foolish enough," says the 33-year-old carpenter and concrete worker while cracking a smile. "You have to be reliable in net. When I can't make it, they have to find another goalie. That can be tough. Thankfully, this year I haven't missed one yet."

And like many rec leaguers, Lamoureux is just biting the bullet for the betterment of his team.

"Nobody else would go in net, so I did. It's funny. I'd rather play out when I'm in net, and play in net when I'm out. You don't have to be relied on so much when you play out. You go out and do your shift and come back to the bench. You always have to be reliable in net," he said.

DARRIN BAUMING/
FOR METRO



Trevor Lamoureux said he became a goalie after inheriting the equipment.
DARRIN BAUMING/FOR METRO

Local superstition

"I haven't washed these socks in over two years."

Garrett Proctor, 20



Garrett Proctor holds his not-so-fresh sock. DARRIN BAUMING/FOR METRO

Ice time for all

\$8.7M

Sidney Crosby's 2012-13 NHL salary: \$8.7 million. Hockey Nova Scotia registration for minor hockey: \$600 a year (estimate). Do the math, and Crosby's salary could pay for 14,500 kids to play hockey for free.

Print still rules in Canada, but ebook sales are surging

Publishing. Report released by BookNet Canada also finds more and more books being bought outside of conventional bookstores

Surging ebook sales now represent an estimated 16.3 per cent of the overall book market in Canada, a figure that caught even some industry watchers by surprise.

A new report by the non-profit industry group BookNet Canada finds more and more people are buying ebooks, and when they do purchase hardcovers and paperbacks they are increasingly getting them outside of conventional book stores. The trends are outlined in a first-of-its-kind report by BookNet, which is based on

The market

While ebook sales are growing, print sales still dominate, with paperbacks representing an estimated 56.7 per cent of the market and hardcovers making up 23.6 per cent.

- Only seven per cent of readers said they bought both ebooks and print books, but they bought more titles overall — an average of 4.5 per month.

several consumer surveys conducted over the first half of the year. The results are considered accurate within 3.1 percentage points, 19 times out of 20.

"We were a little taken aback — even though we are in the industry and on the technology side of the industry," Genner said. **THE CANADIAN PRESS**

try — at just the sheer quantity of the shift in behaviour in regards to digital and online (shopping)," said BookNet CEO Noah Genner. "We all knew it was happening ... but just the sheer volume and the amount of change that's happened in the last couple of years is a big surprise."

The report suggests one in three Canadians is a regular book buyer and purchases an average of 2.8 titles per month.

When it came to where purchases were made, only about a third were in book stores. About 27.5 per cent of purchases were online and about 30 per cent were at non-book retailers, including big-box stores and grocery stores.

"We were quite surprised to see how many books were bought with grocery items, with consumer goods and different category lines," Genner said. **THE CANADIAN PRESS**

Toyota. Huge recall hampers comeback

Recalled models

Recalled U.S. models include the 2007 to 2009 Camry, Tundra pickup and RAV4 small SUV; the 2007 and 2008 Yaris subcompact; the 2008 and

2009 Sequoia large SUV and Scion xD and xA small cars; the 2008 Highlander SUV; and the 2009 Corolla and Matrix compacts.

It's bigger than the 7 million vehicles recalled two years ago for floor mats that could trap accelerator pedals and cause unintended acceleration. This problem centres on the power window switch, which is inside the driver's door and controls when a window is opened or closed. Toyota said grease wasn't applied evenly to the

switch during production, causing friction and sometimes smoke and fire. Toyota said initially the window problem hasn't caused any crashes or injuries. But documents filed by U.S. safety regulators show customers have reported 161 fires and nine injuries. No deaths have occurred.

THE ASSOCIATED PRESS

Say Boo!

to boring costumes

SHOP HALLOWEEN AT **ValueVillage**



Book rewrites Netflix's origins

Netflix CEO Reed Hastings, posing in this 2008 file photo at Netflix headquarters in Los Gatos, Calif., is probably hoping a new book about Netflix's early history never gets made into a movie. *Netflied: The Epic Battle for America's Eyeballs*, written by veteran journalist Gina Keating, is set to go on sale Thursday. The book captures Hastings' vision, focus, charisma and chutzpah — but readers also will be introduced to a cold-hearted side of Hastings that never surfaces in his public appearances or in the many interviews that he has done with reporters during his 14-year tenure as Netflix's CEO. **THE ASSOCIATED PRESS**

Survey. More Canadians are erasing their debt

A new poll suggests more Canadians are living debt-free this year compared to 2011.

The annual RBC survey found that 26 per cent of respondents had no personal debt — excluding mortgage debt — in 2012, up from 22 per cent last year.

However, the poll found that on average Canadians are carrying \$13,141 in non-mortgage debt, up \$84 from last year.

Ontario residents were carrying the heaviest load at \$15,361 while Quebecers had

the least at \$10,171.

Some 40 per cent of those polled said they were comfortable with their current debt level, down from 45 per cent last year. And one-in-three respondents said their debt levels are a source of anxiety — up slightly from 2011.

Canadian average household debt, which includes mortgage debt in relation to disposable income, rose to a record 152 per cent at the end of 2011.

THE CANADIAN PRESS

Market Minute

DOLLAR
101.97¢ US (-0.22¢)

TSX
12,212.42 (-61.15)

OIL
\$91.25 US (-\$1.14)

GOLD
\$1,765.10 US (+10¢)

Natural gas: \$3.475 US (+0.8¢)
Dow Jones: 13,344.97 (-128.56)

Coffee

Starbucks, Rodarte find common ground

Starbucks Corp. tapped sisters Laura and Kate Mulleavy — the indie fashion darlings of Rodarte — as its next design partners for a series of limited-edition products for the holiday season.

It's not specifically "holiday," but that's intentional.

For the design duo, it's a chance to put their name — and their style — out to a new audience. Typically, their fashion designs are edgy, conceptual styles that are not necessarily in line with mass-market taste.

"Our clothing is specialized," Laura Mulleavy said, "and when we are thinking of Rodarte, we choose things that say who we are as

designers, but we're not limited to like the collaborations and putting our thought process somewhere else."

THE ASSOCIATED PRESS



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TRAVEL BLUES? TAKE A SEAT



HE
SAYS...
John Mazerolle
metronews.ca

The worst part about post-travel blues is that even I want to kick my own ass.

After all, why should anyone care that I'm sad to be back in Canada after weeks overseas?

It's like complaining that you ate too many pies or that you got a paper cut on a \$100 bill.

But the feeling is real. A co-worker of mine spent a few months in Africa earlier this year, and when I said, "You're back!" he said, "Yeah, I am" in the sort of tone that makes you hide sharp objects and casually bring up this great therapist you know.

I was happy for his depression, because it meant his trip went great. But I still wanted to kick his ass.

It's precisely because nobody cares about your sulking that post-travel blues are so hard to get over.

When I came back from my trip to Scandinavia this September, I had a good buzz going. Relaxed and content, like I'd just gotten lucky with geography.

But then it slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

In the meantime, I plan to get over my post-travel blues with a few tips I picked up

from online travel sites.

- Be a tourist in your hometown. Lots of sites suggest this. So I plan to put on a Hawaiian shirt and wander into bad parts of the city with a map and a camera asking if they've got Mac-Donald's in these parts. I'll let you know how it goes.
- Find expats and cuisine from the place you visited. I'll try, but I'll probably have a hard time finding Little Faroe Islands or Denmarktown. Also, it might be difficult to find restaurants that sell puffin. (You know puffins, those adorable little clowns of the sea that look like real-life cartoons? Well, the one I ate treated his grandmother poorly and believed global warming was a myth, so get off my back.)
- Talk to fellow travellers. Hearing other people's post-travel woes will make you feel better about yourself when you tell them what jerks they're being.
- Write. The travel sites say to write about how great everything was, but I'll take a different tack. See, I've read about a number of instances over the years where a columnist will badmouth a place and, in response, a politician challenges the writer to take a second look. To use a random example, if I were to speak ill of Denmark, which I think we can all agree is a dump, the Hotel D'Angleterre Copenhagen (what a hole!) might invite me to force down some of the worst beer ever, while I talk to Denmark's cloistered, unattractive women. I also hear Copenhagen's mayor is too cowardly to have me back.

I'll take an aisle seat, Mr. Mayor. First class, please. I need room to have my ass kicked.



The window seat: one last opportunity to take for granted the sights you'll soon be pining for when you're back at home. iSTOCK

Pumpkins flourish amid drought



SIMON WHEELER/THE ITHACA JOURNAL/THE ASSOCIATED PRESS

Saved by jack-o'-lanterns

Agritourism in U.S. suffering

Tom Vliet, of Odessa N.Y., loads up his son Nicholas as they make their annual visit to Eddydale Farms, south of the City of Ithaca, for the farm's \$6 all-you-can-carry pumpkin special.

Devastating spring freezes and a historic drought have stripped some charm from rustic fall destinations, leaving some corn too short to create mazes, orchards virtually devoid of apples and fall colours muted.

Extreme weather has forced agritourism ventures in the heart of the country

to scramble to hold onto their share of an industry that generates hundreds of millions of dollars each year.

However, farmers have found pumpkins to be thriving during the drought.

Mike Roney, who co-owns an orchard near Greenfield, Ind., said this year might have been the worst freeze damage ever at the farm his family has owned for 84 years.

But he found a bright spot in his pumpkin patches, which were irrigated and emerged from the drought with a fine crop.

"We actually have one of the best pumpkin crops we've ever had as far as size goes and quantity," Roney said. THE ASSOCIATED PRESS

Industry affected

- **Tradition.** For many farms and orchards, autumn is the peak agritourism season as families seek out a taste of rural life with outings to explore corn mazes, take hay rides and pick their own apples or pumpkins.

- **Economy.** Tourism generated about \$566 million for more than 23,000 U.S. farms in 2007, according to the U.S. Department of Agriculture's most recent agriculture census — a survey conducted every five years.

Farmer's woes

Corn crop not so A-Maizeing

Sam Brown, who owns A-Maizeing-Farms in Mayfield, Ky., said the summer drought and 100-degree days ruined his farm's 20-acre corn maze, leaving stalks knee to waist-high — far too short for use as a maze. Instead, he's offering a petting zoo, pedal-cart races and hay rides.

"The object of our maze is to find hidden checkpoints, and our checkpoints literally would have been taller than the corn in some of the fields," he said.

THE ASSOCIATED PRESS

Metropolitan Panel Register at metropolitanpanel.ca and take the quick poll

Which is the bigger threat to Mitt Romney's White House campaign?



Twitter

@jennaleee143: ...
@justinbieber SEE U IN A WEEK!
#Winnipeg #BELIEVEtour

@hfaucher: ...
Yesterday was our 2nd garbage p/u with new system. Hubby witnessed both and says that mechanical arms weren't used either time. #winnipeg

@taylor_rae_: ...
@saidthewhale Well hell, we live in igloos and ride our polar bears to school. They weren't too far off. #Winnipeg

cause our garbage has been sitting outside for 2 days now :S
#Winnipeg

@Pashonet_: ...
Heated bus benches. <3 #Winnipeg has its priorities straight.

@allison_leanne: ...
So it smells like garbage in our neighbourhood... I wonder if it's

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Halifax rocker Matt Mays is back with *Coyote*, his first album in four years. MELANIE SWERDAN

Rocker's new album sounds decidedly in the moment

Matt Mays. Songwriting was inspired by his travels ranging from New York to Indonesia



BACKSTAGE PASS
Jared Story
[winnipeg@metronews.ca](#)

East Coast rocker Matt Mays is back with his first studio album in four years.

Recorded in eight different studios across North America, *Coyote* is the product of the Halifax-based musician's many travels since 2008, which includ-

Quoted

"I want to play with people I know because I know their story."

Matt Mays

ed journeys to California, New York, Hawaii, Mexico, Costa Rica and Indonesia.

"It was a musical sort of endeavour. There wasn't one day where I didn't pick up the guitar," Mays says.

"Whether it's something at home in Halifax or something far away, every song means something to me in that it reflects back to the place where I wrote or recorded it."

As a result, Coyote sounds

very in the moment. For instance, the album's lead single, "Take It On Faith," was recorded on a day in which recording wasn't even on the agenda.

"I was supposed to be mixing and the files never showed up from FedEx, so the engineer at the studio asked if I had any songs to record," Mays says. "I had this one that I had written in a hurry the night before and had just done just a little demo

of it. We did a version of "Take It On Faith" that day in the studio and it ended up being the lead single."

To properly capture the moment, Mays says he opted to use demo versions of several songs in the final mix. Also, he says his new band — made up of Jay Smith, Adam Baldwin, Damien Moynihan, Dale Murray and Serge Samson — contributed to the spontaneous nature of *Coyote*.

In 2009, Mays amicably split with his previous band El Torpedo, although Smith and Baldwin remain.

"I like playing with friends, not session musicians," Mays says, pointing out that like El Torpedo, his

new band features friends and fellow Halifax musicians.

"I want to play with people I know because I know their story. It's very important to me to have that familiarity and depth onstage and in the studio instead of a session guy who may be a great player, but you don't know anything about him."

"I know every last detail about these guys because they're my best friends and I know that comes out in the playing because I can hear it."

Mays plays the Pyramid Cabaret on Sunday. Opening the show is Charlottetown rock band The Meds. Tickets are \$34.75 at Ticketmaster. Showtime is 9 p.m.

metro

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2
SCENE

PLAN CANADA SALUTES CANADIANS' ROLE

IN SUPPORTING INTERNATIONAL DAY OF THE GIRL ON OCT. 11



PLAN CANADA PHOTO

Girls growing up in the poorest regions of the world are the most disadvantaged people on the planet.

They face unique barriers to survival and development simply because they are girls. In many cases they are denied food, they are forced to drop out of school, and they are vulnerable to violence and discrimination.

Yet, research shows that when girls are educated, nourished and protected, they are a powerful force to help society develop as a whole. When you help girls, they can pull themselves,

their families and their communities out of poverty to change the world for everyone.

PLAN ADVOCATES FOR GIRLS' RIGHTS

Plan is one of the world's oldest international development agencies working to end global poverty. Because I am a Girl is its global initiative to promote girls' rights and mobilize people around the world to create a brighter future.

In 2009, Plan enlisted 15,000 Canadians to sign a petition dedicating one special day every year to girls' rights.

This helped the Canadian government convince the United Nations to designate Oct. 11 as International Day of the Girl Child last December.

Plan's Because I am a Girl initiative aims to inspire Canadians to raise money for equal access to health care and education, clean water and sanitation projects, as well as economic security initiatives like microfinance and skills training.

To learn more about how you can help change the world for girls, visit becauseiamagirl.ca

10.11
2012

SAVE
THE DATE

CHANGE THE
WORLD



Geeta

PLAN CANADA PHOTO

STANDING UP FOR GIRLS' RIGHTS

EDUCATION IS KEY TO GIRLS' SUCCESS

When Geeta of Nepal was 12, her father sent her to work as a domestic servant. She worked long hours and earned only 700 Nepali rupees (about \$8) a year.

Geeta recalls, "It was impossible to escape. My master was highly regarded in his community. I was afraid of the consequences for my family if I left."

To help Geeta break free from exploitation and abuse, Plan supported her with a microloan and business training. She opened a roadside café, which she now operates as a family business. Today,

Geeta employs herself, her entire family and even several friends when business is brisk.

HAITIAN GIRL PROVES MIRACLES HAPPEN

One of nine children on a small farm in Haiti, everyone expected Marie Dumay Miracles to stay home and help with chores. Marie's parents could not afford to send their kids to school.

When Plan set up education programs, Marie and her siblings leapt at the opportunity. Marie was a hard worker who excelled



PLAN CANADA PHOTO

in school, but her parents couldn't afford university.

Through Plan's further education programs, she studied computer science, completed a university degree, and became a qualified engineer.

Next, Marie put her leadership skills to work as deputy mayor of her town, Croix-des-Bouquets, where she is actively involved in co-ordinating local earthquake rebuilding efforts.

Plan helped her live up to her name to show that miracles can happen.

OCTOBER 11TH IS THE DAY WE STAND UP FOR GIRLS' RIGHTS GLOBALLY.

AROUND THE WORLD...

Girls are 3 times more likely to be malnourished than boys.

70,000 girls under 18 are forced into marriage every day.

75 million girls are denied an education.

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When you educate a girl, she'll share her knowledge with everyone she knows.

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Cronenberg not sick of flu-inspired film

Antiviral. Brandon, son of David, thought of idea for movie while ill, and believes it's plausible that a crazed fan would want to carry their idol's ailment

RICHARD KRAUSE
scene@metronews.ca

The idea of Brandon Cronenberg's new movie sounds outlandish, but recent events suggest otherwise.

At the heart of *Antiviral* is the notion that in the near future fans will become so rabid they'll actually pay to be infected by celebrity diseases to feel closer to their idols. Sounds strange, but consider the statue containing John Lennon's DNA (courtesy of a Beatle molar bought at auc-



Like father, like son: Brandon Cronenberg is taking after his dad David with *Antiviral*. HANDOUT

tion) by artist Kirsten Zuk or the \$40,668 paid for a lock of Justin Bieber's hair.

"I always thought it was kind of plausible," he says. "A friend of mine, while I

was shooting, pointed me in the direction of this YouTube video that was Sarah Michelle Gellar on Jimmy Kimmel Live. At one point she says, 'I don't want to

sing because I have a cold. I don't want to get the audience sick,' and everyone started applauding like crazy. I'm sure one person in that audience would want



Caleb Landry Jones is the star of *Antiviral*. HANDOUT

Sarah Michelle Gellar's cold. It's certainly meant to be satirical and a cultural caricature but I think it is not that far from what already exists."

When I tell the son of famous director David about the Lennon DNA statue he says: "It's very interesting to me how obsessed people are with the physical tokens, the fetishes. John Lennon's teeth... It's so incredibly religious. It's like going into some church that claims to have the finger bone of some saint."

The idea for the film didn't come from an analytical look at celebrity culture, however. The concept occurred to him as he was laid low by the flu.

"I was obsessing over the physicality of illness and how I had this thing,

physically in my body, in my cells," he said, "that had come from someone else's body and how there was a weird intimacy to that connection. After I got better I was trying to think of a character who might be able to see disease in that way and I was struck by the idea that a celebrity obsessed fan might want that kind of intimacy and it developed into an interesting metaphor."

These days Cronenberg's life is imitating his art to a degree as the film makes the festival rounds — it's played at Cannes and Toronto — and the spotlight has been turned on him. "It's sort of like being a character in my own film," he says of the attention.

"It's hilarious and also kind of uncomfortable."

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Argo. Screenwriter relives trying task of turning sprawling article into film

NED ERHAR

Metro World News in Hollywood

Argo screenwriter Chris Terrio took on quite the challenge in turning Joshua Bearman's Wired article about a CIA plan to use a fake movie production to rescue embassy workers in Iran into a coherent film — one that's part spy thriller and part Hollywood satire. The secret, he says, lay in not using the entertainment industry solely for cheap laughs and making sure the blue Wookiees were believable.

How do you take such a sprawling, multifaceted story and compress into a movie?

It's sort of a classic rescue narrative, which is here's a problem, go in and here are all the complications of making the escape happen, and then the last bit is the escape happening. But that said, I spent a few months pulling out my hair and thinking how do you choose your stories? Because there are a million tributaries to the river that you could take your boat on that would be fascinating. I would've loved to tell those stories. But in the end you just look at the skeleton



Chris Terrio. GETTY IMAGES

and just decide what bones are essential to stand up.

I'm assuming there actually was a script for the film they were pretending to make. It was actually called Lord of Light. Tony Mendez actually chose not to use the title Lord of Light. They rechristened it Argo for the trade ads when they announced the film was happening. But the actual script that they carried around was called Lord of Light.

Did you get to read that script?

I didn't read it largely because I wanted to free my imagination for a completely different script. I mean, Tony told me a bit about it and the fact that it had Middle Eastern elements and it had sci-fi elements, mythological elements, but I didn't actually read it. I know it

exists somewhere, and maybe Tony even has a copy. But literally I think Tony's copy might have been like the end of Raiders of the Lost Ark, sent into the CIA archives.

It's funny, like, as kids, Ben and me and you who grew up in the world of Star Wars and Raiders, those things keep popping up in the film. Even in the pillowcase and the sheet and the Millennium Falcon in Tony Mendez's son's room. Those are things that Ben and I had in our bedrooms growing up. Speaking of "Star Wars," some of the characters in the film within the film seem a tad familiar. Oh definitely. I mean, the blue Wookiee... But the other great thing about doing that scene is we had Jackie West as a costume designer, who I think is truly a genius. She managed to have the characters within the fake film look fantastical and kind of funny but never cross the line into outright parody. So that even though there's this blue Wookiee, the texture of the blue Wookiee kind of looks real. You can see that there's a man inside it. It can exist in the same world as the geopolitical reality of Iran because you feel like you're watching real people in costumes.

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Cohen charting his own path

New album. The son of Leonard Cohen finally finding his way in the music business with his third disc Like A Man

MIKE BENHAIM
scene@metronews.ca

Adam Cohen, son of Canadian icon Leonard, has cultivated a music career all his own. His third CD, Like A Man, is profoundly gratifying.

With some perceptible symmetry, it's clear that "the son also rises" on this one. As he prepares to tour Canada, we chat about a few things.

Is your mom Suzanne, the same Suzanne from the song? My father actually wrote the song before meeting my mother, but says he wrote it to summon her.

When did you realize you might join the family business?

From the earliest age, there's never been a plan B. I was seduced into music as far back as I can remember. You could say I caught a virus that I was



Adam Cohen is embarking on a cross-Canada tour. It starts in Vancouver on Oct. 18. SHAYNE LAVERDIERE

never able to shake.

It was less of a realization and more the following of an instinct.

The offspring of legends often run from their parents' shadows, but on this album, you embrace and even pay homage to your father. What led you there?

Three triggers lead me to the place I'm in today. The first was a sharp disillusionment with my career, which had not gone as I'd hoped, despite many chances with major labels, and kind of blowing them. Second was my father's triumphant return to the

stage. Seeing him at the top of his powers in his 70s, was nothing short of inspiring.

The most important, was becoming a father myself — feeling a sense of responsibility to my name, and wanting to be Like a Man, the one I'd always wanted to be.

You taught yourself to play guitar, piano and drums.

How much do you think was inherent versus learned?

I observed many characteristics in my father which I hope to find in myself, many of which I may indeed have inherited, some of which I may have parroted.

On tour

Upcoming tour dates and where you can see him.

- **The shows.** Adam Cohen begins his Canadian tour in Vancouver on Friday, Oct. 18, and ends in Ottawa on Nov. 10. Visit adamcohen.com/tour for details.

It doesn't matter to me how I got there, but I'd have a hard time believing anyone who claimed I was adopted.

You're a Montrealer, but you've lived everywhere. How has that shaped your art?

I've been privileged to travel and live among different cultures — from a little island in Greece, to Paris, London, New York and L.A.

Reading about this kind of lifestyle alone, or even dreaming about it powerfully enough, could change anyone. Of course my art and my heart have been shaped by my travels, but that's for the art itself to reveal, not for me to discuss.

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Brad Pitt GETTY IMAGES

Brad Pitt needs the OK from his brood before embarking on new roles

Before Brad Pitt signs up for a role, he has to get the idea past a particularly tough panel of judges: Angelina Jolie and their six children. "I want it to be worthy enough of a story to leave the family, you know? They're everything. The family is first," Pitt tells Guy Ritchie in a chat for Interview magazine. "I also don't want to embarrass them." He also plans on taking more time off between roles going forward. "I'm not good at going back-to-back-to-back-to-back with movies,

Quoted

"They're everything. The family is first."

Brad Pitt telling Guy Ritchie in a chat in Interview magazine how he plans to take more time off between movies.

and it's just now that I'm starting to get my bearings again and a flavour for what's next," he says. "It's just about discovery now and finding something new that's interesting to me."

Beyoncé's star won't be shining with Clint Eastwood

Beyoncé has decided to bow out of Clint Eastwood's long-planned remake of *A Star is Born*, according to E! News.

"I was looking forward to the production of *A Star is Born* and the opportunity to work with Clint Eastwood," she adds.

singer says.

"For months we tried to coordinate our schedules to bring this remake to life, but it was just not possible.

"Hopefully in the future we will get a chance to work together," she adds.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



THE WORD
Dorothy Robinson
scene@metronews.ca

Live like the Palins – with fitness and self-discipline!

The increasingly-skeletal Sarah Palin is writing a diet and fitness book, according to an email she sent People.

"Our family is writing a book on fitness and self-discipline focusing on where we get our energy and balance as we still eat our beloved homemade comfort foods!" she wrote.

The email seems slightly fishy; Palin never

confirmed which publishing house is publishing the book and when it will be out on the shelves.

"We promise you what we do works and allows a fulfilling quality of life and sustenance anyone can enjoy," she wrote.

Interesting, because in 2010 Palin attacked First Lady Michelle Obama's Let's Move campaign on Laura Ingraham's radio show.

"Take her anti-obesity thing that she is on. She is on this kick, right. What she is telling us is she cannot trust parents to make decisions for their own children, for their own families in what we should eat," she said.

And Sarah Palin's slow transformation from a political heavyweight into a Real Housewife continues.



Lindsay Lohan GETTY IMAGES

Lohans cap off long night of partying with a blowout fight

Lindsay Lohan isn't having the most relaxing visit home, apparently, as the troubled actress and her mom, Dina Lohan, reportedly had a huge fight outside Dina's Long Island home Wednesday morning, according to Page Six. The incident reportedly took place

around eight in the morning as a black SUV was returning the pair home after a night of partying. "[Lindsay] was yelling, 'I've had enough of this,'" a witness claims.

"It was an argument between Lindsay and her mother," a police spokesman says.

Twitter



@goldiehawn

A 350 lbs Bear broke in to our house, emptied the fridge, destroyed kitchen left a lovely present on the floor and took off! Would've made him dinner and given him a doggy bag!



@JonahHill

I might be the least British person alive.



@SethMacFarlane

I'm a fan of all Margaret Cho's work, but I think Gangnam Style might be the coolest thing she's ever done.



@ConanOBrien

I'm in London right now. You won't believe this, but there's still a few minutes left in the Olympic closing ceremonies.

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(Bow)ties that Bond

Q and A. Designer Lindy Hemming talks about the tailoring, the history and the heritage that thread together 007's style

RICHARD PECKETT
Metro World News in London

Clothes maketh the man ... but it's Lindy Hemming who's behind James Bond's impeccable wardrobe. We speak to the Oscar winner and long-serving Bond costume designer, who helped put together a current exhibition at London's Barbican Centre which explores Bond's suave style.

How did you first become involved with the Bond movies?

The two producers, Barbara Broccoli and Michael Wilson, just started to think about producing a new series of Bond films with Pierce Brosnan, and they were looking for a new costume designer. I think they had seen my films like *The Krays* and *Four Weddings and a Funeral* — none of them particularly relevant. But I don't know, I hope they'd heard that I was OK and I suppose they were looking for somebody British anyway.

What were you hoping to achieve in *GoldenEye*, given that it was the first movie since the underwhelming Dalton era?

I looked at the various Bond



Sean Connery, the original Bond, was also the best Bond, says costume designer Lindy Hemming. ALL BOND PHOTOS HANDOUT

films and my idea was that I wanted to get back to the sort of, well, I say the suave sophistication of Sean Connery. Even though it was the 1990s, I wanted to bring something of that Connery feeling to Pierce Brosnan and not go in a sort of casual unsuited, street kind of way. I wanted to go back to elegance.

Why is it best to keep Bond classic and timeless? Did you find the flares and safari suits of the 1970s ridiculous?

My idea of Bond is that one reads about Ian Fleming and how and why Bond came to be imagined. He isn't a flashy character. He is an upper-middle class member of society and he's a naval, military person and so to me he wouldn't have worn those kind of clothes. Neither would he have worn those street and slightly Miami Vice clothes that Timothy Dalton wore. As a member of the establishment, he would have dressed well, cleanly and classically. His wardrobe wouldn't have that many clothes but what he did have would conform to a formula.

So, is the classic tailoring very much a part of Bond's timelessness?

Yes, but now when we came to do Daniel Craig some sort of decision had been made: we took into account that most likely the Bond Daniel Craig was playing would have been at war undercover or in the SAS (Afghanistan, Iraq or Northern Ireland). So that meant we had slightly different things going into operation.

For style and looks, who was your favourite Bond?

Truly my favourite Bond was Sean Connery ... for the tailoring. But I really, really like the tailoring of George Lazenby. I think that if you look at pictures and photographs of him



Sophie Marceau, in a stunning sheer beaded number as Elektra King, turns the heat up on Brosnan's Bond in *The World Is Not Enough*.

Men in skinny jeans, take note



"I'd rather people look like (Bond) than that they were hyper-fashionable with terrible tight trousers that make your arse look fat."

Lindy Hemming

his tailoring is slightly fashionable and immaculate — but no one ever mentions him. I think Lazenby was tailored by a man called Dimi Major: a forgotten tailor for a forgotten Bond. Oh and of course I liked Pierce.

Did it help that Lazenby was a model?

But so was Roger Moore. Roger Moore had been a knitwear model — I don't think you need to mention that.

Is Bond a style icon?

No. I don't think he should be a style icon. He should be desirable and he should still be accessible. Bond is a sophisticated example and in the '90s era a European example of good taste. He has an understanding of the reasons for tailoring and colours in order to look his best and move effortlessly amongst all strata of society.

Do you believe that his tailoring and smart casual looks are how men should dress?

I'd rather people look like him than that they were hyper-fashionable with terrible tight trousers that make your arse look fat with very short tight jackets that look terrible on most people.

Was Ian Fleming a dandyish character? What influence has he had on the tailoring in the movies?

Many many of the things that they used in Sean Connery's wardrobe came from Ian Fleming and Terence Young, the first director. Both of whom were ex-military and still close enough to the military world to know what a guards officer or a naval commander would have in their wardrobe — and I'm sure that influence was huge on the Connery clothes. Of course, as the second film

The evolution of the Bond girl

The role of the Bond girl has changed throughout the last 50 years. She's gone from helpless damsel in distress to a tough, self-reliant woman and agent.

- Hemming says it's more fun to dress the modern Bond woman. "Nearly all of the Bond women now have really good back stories," she says. "What it means as a costume designer is that it gives you a chance to explore the character. You see them develop from Bond's fancy through to villainy."

- But they all have their moment. When pressed about which of the Bond beauties is the sexiest, Hemming responded with a laugh. "Oh God. Let's say Ursula Andress. Let's say that because that way we won't upset anyone. Honestly, the truth is that I think she was absolutely stunningly beautiful. But so was Sophie Marceau and Halle Berry — it's really difficult because they all have an iconic moment, I think."



First Bond babe Honey Rider, played by Ursula Andress.

(From Russia with Love, 1963) and the third film (*Goldfinger*, 1964) came along the style of menswear and the fact that menswear had become fashionable does influence the look of Connery and Lazenby, but I feel that Ian Fleming's first idea came from his own experience of his class and the services.

The shawl collared tuxedo or those silk covered cuffs that you see Connery wearing are passed down from Ian Fleming to Connery and from the tailor of Terence Young through to Connery. But I also think that when you design Bond films you do look back and reference things. Like I used the cashmere cardigan with the shawl collar and the white or grey polo neck for a casual look, with creamy coloured trousers for Daniel Craig in *Casino Royale* which came directly from Sean Connery.



From hotel style to home decor



DESIGN CENTRE
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New York real estate is notorious for the high prices for small spaces and it always has been consistent with what travellers expect from their hotel rooms.

The Pod Hotel, famous for its tiny rooms at great prices, has never shied away from the small space aspect when it opened up five years ago on 51st Street. Now there's a second 366 room Pod Hotel on 39th Street (located in the Murray Hill district) offering up stylish and practical accommodations from 120-square-feet that is bound to impress any budget conscious traveller. Although limited space is a given, one thing that isn't lacking is the high level of personalized service offered from the staff, the inviting modern lobby and trendy rooftop lounge; wherever you go in the hotel you are guaranteed a smile and hello.

From \$150 this centrally located hotel is bound to take Manhattan travellers by storm.

Details I love

- Each floor is colour coded by carpet colour.
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- One vertical (the red bulk) and one horizontal (a stripe in the carpet) guides your eye toward the longest and tallest sightline in each room, another trick to show the eye the most space available.
- Colours and style are kept focused. Black, grey, red and white is a signature combination.



The Pod Bunk Room at The Pod 39 Hotel offers no-nonsense, affordable and stylish decor for the budget-conscious visitor to New York City. THEPODHOTEL.COM

Like the look of The Pod 39 Hotel? Here's some decor items to turn your guest space into the perfect sleeping pod.

Keep your dates and times on track with a vintage-inspired Flip Clock, \$199, BedBathAndBeyond.ca.



Light, airy and durable make for a stylish desk. Mosco Desk, \$600, EQ3.com.



Durable carpet tile offers a custom look to the floor. INS & OUTS carpet tile \$17 each, FLOR.com.



Light and airy chairs add durability and style to a desk or dining table. Bertoia Chair, \$104, HomeSav.com.



Style inspired by quilted moving blankets. Magical Thinking Quilt, \$130, UrbanOutfitters.com.



A shot of red will help add punch to a bulk head or window trim. Tricycle Red 2001-20, BenjaminMoore.com.



An incredible rate of deforestation has permitted the palm oil industry to grow at a rate of nearly 27 per cent per year. ISTOCKIMAGES

Sustainable palm oil: Sourcing the world's leading vegetable oil

How can I find sustainable palm oil?

-Miriam, Saskatoon



QUEEN OF GREEN
Tovah Paglano
green@metronews.ca

Palm oil — a relatively new kid on the block when it comes to oils — recently passed soya as the world's primary source of vegetable oil.

The simple answer to finding sustainable palm oil is to look for a certification. But of course, it's not really that simple!

Produced primarily in Malaysia and Indonesia, palm oil is known to come with environ-

mental challenges.

The greatest is the incredible rate of deforestation that has permitted the industry to continue to grow at a rate of nearly 27 per cent per year, while keeping the cost of the oil appealingly low to industrial producers.

Certified sustainable palm oil and palm kernel oil are produced at palm oil plantations that comply with the environmental standards of the Roundtable of Sustainable Palm Oil (RSPO).

Among the standards required for RSPO certification is the producer's commitment to preserve "high-value conservation forests." Although this loose protocol has been widely criticized, the RSPO is currently

reviewing certification standards. In the meantime, a certification is still the best bet for concerned consumers.

Have you read a label and not seen palm oil listed? In processed foods, palm oil is often couched in the term vegetable oil. In cosmetics, look for words indicating palm derivatives (like palmitate).

How to avoid unsustainable palm oil:

1 Shop from companies listed in the RSPO's database of sustainable-palm supporters.

2 Look for the RSPO trademark on products.

3 Ask retailers to offer more certified sustainable palm oil products.

4 Ask manufacturers to use certified sustainable palm oil.

5 Visit the World Wildlife Federation at wwf.org to learn about other ways to get involved.

Finding certified sustainable palm oil may be simpler than you think.

A couple of big players in Canada and around the world have set the ambitious goal of using only RSPO certified palm oil in their products by 2015.

Consumers can also find plenty of food and personal-care products that use alternative oils.

Read the labels and make your own informed choice!

Update your bathroom in a weekend

Many homeowners are looking to redo and update their homes, but with busy schedules, often only have time on the weekends. While a complete overhaul of the house might be unrealistic for this time frame, a bathroom makeover is completely doable.

The following tips and tricks will show you how to be a weekend warrior without having to hire a professional crew for assistance.

Get Inspired

Home magazines and online resources, such as Pinterest, are filled with all the newest colour palettes, design themes and patterns to get your inspiration flowing. Utilize the many beautiful bath photos to find the theme or colour scheme that calls to you and run with it.

One-Stop Shop

Heading to only one or two stores is crucial, since your

time should be spent renovating, not driving all over town for what you need. Planning ahead will lessen frustrations when you begin scouring the aisles.

Finding The Perfect Products

For a weekend makeover, focus on the following products:

- Paint: Be sure to choose a semi-gloss or bathroom-specific paint, since the steam from hot showers and excessive water flow can make the bathroom a harsh environment.
- Faucets: When selecting your faucet, consider style, finish, co-ordinating products, and quality. The Moen Boardwalk bath collection, for instance, features a blend of vintage design and classic lines for a stunning look in any bath.
- Showering: The shower is a place to escape and relax



You don't have to hire a professional to redo your bathroom in a weekend. NEWS CANADA

— so be sure to find products to enhance this space. Today's shower heads come in variety of designs — wall mount, handheld, multi-function, rain shower — or a combination of all. Find the one that suits your showering style and choose a finish to co-ordinate with the rest of your bath.

- Accessories: For added safety with style, try designer grab bars with accessories, which combine the safety benefits of a grab bar with one of three common bath essentials — a towel bar, a paper holder and a shelf — making each item functional and fashionable. Adding these discrete safety

solutions will keep your bath looking great while still being practical.

- Accents: Once you have chosen all the hardware for your bath, you will need to think of the softer accents to help pull your design together. A new shower curtain, decorative towels, throw rug and curtains will

add the final finishing touch to your new space.

Install and Enjoy

Once you have purchased your product selections, it's time to start your update. Each of these projects can be accomplished quickly and are simple enough for even a novice DIYer. NEWS CANADA

Create a timeless look in your home

Like fashion, interior design trends change with the seasons. Each month, different colours and patterns become the new "it" look, inspiring us to overhaul our home décor.

Keeping up with the latest looks can be challenging, not to mention expensive. That's why it's important to remember that keeping your home décor modern isn't so much about buying trendy furniture as it is about being practical. Invest in timeless pieces that are suited to your lifestyle and create a calm environment.



Sleek and simple architectural details add maximum design impact and can become the focal point in any room. NEWS CANADA

Delta Faucet, a leader in beautifying home interiors, offers the following tips to make sure your space will always feel fresh:

Choose multi-functional products with hidden technology and beautiful design to create a modern feel. Think televisions hidden in

cabinets, speakers mounted behind the wall, and sleek kitchen faucets with a hidden sprayer. Technology that seamlessly blends into a space will always feel new.

Consider incorporating accessories in shades such as clean green, saffron, ocean blue, and magenta to create a soothing atmosphere that will never feel tired.

"Adding sleek pieces in a colour that you'll always love — rather than a trendy colour — makes your style timeless, not to mention wallet-friendly," says Jo Alcorn, a Toronto-

based interior design expert.

Update fabrics to those that feature timeless geometric designs, overlapping layers, or stripes. All of these can instantly make a home more contemporary without a large investment.

Sleek and simple architectural details add maximum design impact and can become the focal point in any room.

"Paying attention to your hardware including cabinet handles, light fixtures and even faucets can play a huge role in making your place look more modern," says Al-

corn. When considering furniture, look for pieces with glass or painted wood, and materials like coloured acrylic, fibreglass, and chrome. These features will ensure your choices stand the test of time.

Nothing dates a space like clutter. Organize and store — or even neatly display — magazines, newspapers, and books.

Electronic cords should be off the floor and not visible to keep your room looking neat and clean.

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PUTTING VISION ON HEALTH AGENDA

WORLD SIGHT DAY IS AN INTERNATIONAL DAY OF AWARENESS

"When was the last time you had your eyes tested?" is a question CNIB president and CEO John Rafferty likes to ask people. As chair of VISION 2020 Canada (a network of organizations focused on key issues related to vision loss), Rafferty seizes the opportunity to ensure people from coast to coast, of all ages, understand the importance of having their eyes tested.

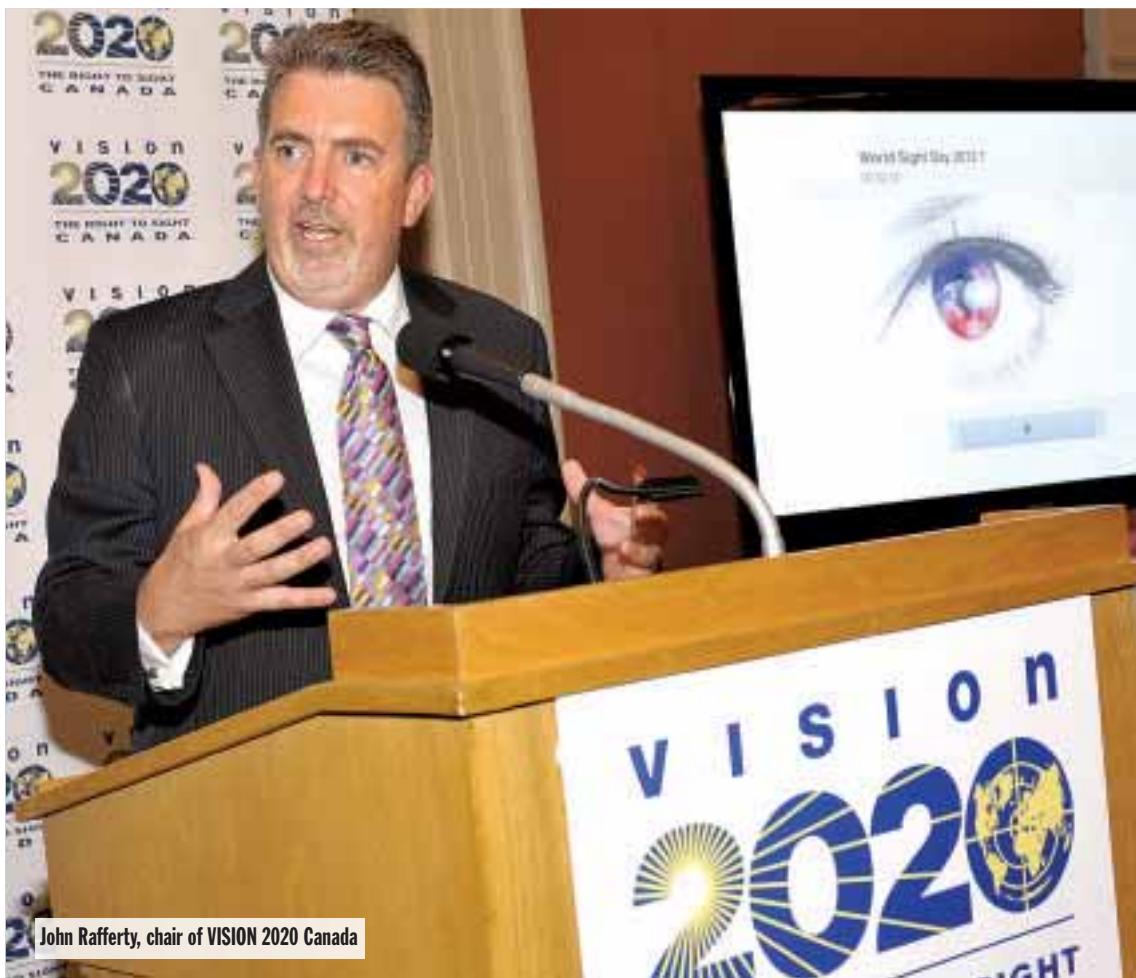
"Few Canadians realize that vision loss can happen to anyone, at any age," says Rafferty, "but many Canadians are not aware that 75 per cent of vision loss can be prevented or treated."

According to Rafferty, the issue is more urgent than ever. Oct. 11 marks World Sight Day, which is an international day of awareness about vision health. It's used to focus attention on the global issue of avoidable blindness and visual loss, and this year Rafferty was on Parliament Hill trying to put a positive light on the challenges that Canada will face as our country's population ages.

"Canada needs a plan that will improve public education about eye health; one that will allow Canadians access to approved treatments, rehabilitation, provide funding for research and show continued support to international blindness prevention efforts," says Rafferty.

Last week, Parliament Hill was the site of a reception for members of Parliament, senators and ambassadors, who came out for an informal briefing on the state of our vision, at home and abroad.

Outfitted with special goggles that simulated vision loss and invited to perform simple daily tasks, the politicians got a brief glimpse of how vision can be affected by the four most common eye diseases that cause blindness and partial



John Rafferty, chair of VISION 2020 Canada

sight among Canadians. The effects of age-related macular degeneration (AMD), diabetic retinopathy, glaucoma, and cataracts were theirs to experience and begin to understand first-hand.

The main goal of VISION 2020 is the elimination of avoidable blindness globally. In developing countries, vision loss can be related to unsafe water and a significant portion of blind people in the world have cataracts. In Canada, our issues are largely related to the fact our population is aging.

"Regardless of the issues each country faces, prevention of blindness and vision loss needs to be on the health scorecard, and every country needs an implementation plan," Rafferty told the influential Ottawa crowd.

The governments of countries such as Australia, India and Sri Lanka have created their plans. Canada has not. Rafferty remains optimistic as he and fellow members of VISION 2020 Canada have begun to draft a five-point national vision plan to fill this void and the government officials

who came out last Tuesday appear to be on board to help.

VISION 2020 Canada is part of VISION 2020, the global initiative for the elimination of avoidable blindness, a joint program of the World Health Organization (WHO) and the International Agency for the Prevention of Blindness (IAPB) with an international membership of NGOs, professional associations, eye care institutions and corporations.

— Sarah Pettersen,
VISION 2020 Canada

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AMI AIMS TO MAKE MEDIA ACCESSIBLE

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Accessible Media Inc. (AMI) is a not-for-profit multimedia organization operating two broadcast services, AMI-audio and AMI-tv, as well as a website (ami.ca).

AMI serves more than five million Canadians who are blind or with low vision, deaf or hard of hearing, learning disabled, mobility or print restricted, or learning English as a second language by making print, broadcast and online media accessible.

AMI's mission is simple: To make all media accessible to all Canadians. In pursuit of that mission, AMI believes that for all impacted and concerned Canadians, AMI can be a new model media organization that creates, advocates, collaborates and enables accessibility to all media.

AMI's engagement with the community expands well beyond its media services. In 2012, AMI launched a scholarship program

that awards two \$5,000 scholarships per year to qualifying individuals, one of which is reserved for a student with a permanent disability.

In addition, AMI is reaching out to Canadians who are blind or with low vision to help shape the future of accessible media in Canada by joining its research panel. The research panel will provide an opportunity for people who are blind or with low vision the opportunity to have their voices heard and offer recommendations to better service that community.

Finally, AMI, in conjunction with the CRTC's Described Video Working Group and the Canadian Association of Broadcasters (CAB), has developed a Described Video TV Guide (DV Guide). The DV Guide is a comprehensive list of most described television programming across Canada and can easily be accessed by visiting ami.ca/dvguide or by calling 1-855-855-1144.

For further information on AMI and its various programs and initiatives, please visit ami.ca.



OUR MISSION IS SIMPLE: TO MAKE ALL MEDIA ACCESSIBLE TO ALL CANADIANS

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JOIN AMI'S NEW RESEARCH PANEL

If you are blind or partially sighted, then AMI invites you to help shape the future of accessible media in Canada. To find out more and to register:

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Bringing the ancient and exotic cuisine of the Middle East to 2012

Ingredients

- 4 medium potatoes, sliced into 1/2 inch rounds
- 1/2 cup peanut oil
- 2 lb ground lamb
- 1 onion, finely chopped
- 1/2 cup parsley, finely chopped
- 1 tsp cinnamon
- 1 tsp allspice
- salt and pepper
- 1 cup tahini
- juice of 2 lemons (or more)
- juice of 1 orange
- zest of 1 orange
- 2 cups water
- sea salt
- 1/2 cup pine nuts, toasted
- a handful of chopped parsley, to garnish

"Kofta is ground meat, usually lamb, mixed with onion and fresh herbs like parsley and mint, and seasoned delicately with a few spices," writes Suzanne Husseini in Modern Flavors of Arabia, which offers a modern take on cuisine from the region.

"There are many versions. This one is a delicious way to use tahini. Tahini has a nutty and earthy flavour and the orange zest and juice cut through that."

My mother used to whip this up at the last minute and have it on the table in half an hour before the guests arrived, as she was never satisfied with the endless number of dishes she had already prepared!"

Many of the current "buzziest" restaurants in the U.S. and the U.K. are Middle Eastern (with the four Ottolenghi restaurants in London at the forefront of the trend), so it's only a matter of time before the style hits Canada.

Get ahead of the trend.

1. Peel, wash and slice the potatoes into rounds. Heat the peanut oil in a large frying pan and fry the potatoes until golden on both sides. Remove and place on absorbent paper to cool.

2. Preheat the oven to 350 F.

3. In a large bowl, combine the ground lamb, onion, parsley, cinnamon, allspice, salt and pepper. In a baking dish, place the potatoes in one layer.

4. Shape the kofta into long sausages (about 6 inches) and place on top. Bake in the oven for 10 minutes until partially cooked. Remove. Keep the oven on while you make the sauce. Mix the tahini, lemon juice, orange juice, orange zest, water and salt to taste. It should be a pourable consistency and creamy. Pour the sauce all over and return to the oven to finish cooking and to thicken the sauce slightly, about 20 minutes. Garnish with toasted pine nuts and parsley. Serve hot with white rice and a salad.

Ground Lamb in Tahini Citrus Sauce

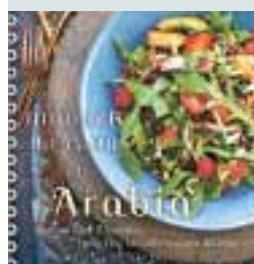


This recipe serves six to eight. PETRINA TINSALY

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Cookbook of the Week

Modern take on Middle East dishes



Suzanne Husseini, host of Top Chef Middle East, splits her time between Ottawa and Dubai.

Influenced by her travels, she has released Modern Flavors of Arabia: Recipes and Memories of My Middle Eastern Kitchen. Focused on offering readers dishes that are healthy, full of flavor and exotic, the book explores a food culture that spans centuries.

Husseini's refreshingly new take on the traditional includes recipes that are arranged by breakfast, lunch, dinner and dessert.

The author also includes stories and ideas on how to serve each dish.

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Braised Green Beans and Tomatoes. Vegetarian side

"This is a beautiful vegetarian dish best eaten at room temperature or even cold straight from the fridge," writes Suzanne Husseini in Modern Flavors of Arabia.

"It makes a perfect side dish with rice or meat. Traditionally it is eaten ... by pinching morsels with pita bread. The braised whole garlic is a sweet surprise."

1. In a large frying pan, heat the olive oil and sauté garlic and onions until soft. Add the green beans and stir well (beans will turn a deep green). Cover and continue

cooking for 5 minutes.

2. Remove lid and add chopped tomatoes, cloves of unpeeled garlic, tomato paste and sugar. Season with salt

and pepper. Lower heat, cover, and allow to simmer for 30 minutes until sauce thickens and beans are tender.

Ingredients

- 1/2 cup olive oil
- 12 cloves garlic, sliced thin
- 2 onions, chopped
- 4 cups green beans, cut diagonally
- 4 cups chopped tomatoes
- 1 head of garlic, cloves separated, unpeeled
- 2 tbsp tomato paste
- 1 tbsp sugar
- salt and pepper

NLDS

Carpenter builds on Cards' World Series dream

Chris Carpenter was every bit the post-season ace he's been in the past for the St. Louis Cardinals.

Taking the mound for only the fourth time in 2012, missing a rib after surgery to cure numbness on his right side, the 37-year-old Carpenter pitched scoreless ball into the sixth inning, rookie Pete Kozma delivered a three-run homer, and the defending champion Cardinals beat the Washington Nationals 8-0 Wednesday to take a 2-1 lead in their NL division series. **THE ASSOCIATED PRESS**



Cardinals pitcher Chris Carpenter hugs catcher Yadier Molina. **THE ASSOCIATED PRESS**

Staying alive

Giants rally to tie series with Reds

Facing elimination again, the San Francisco Giants came out swinging and also got a saving relief appearance from Tim Lincecum.

Angel Pagan led off the game with a home run, Gregor Blanco and Pablo Sandoval connected later and the Giants beat the Cincinnati Reds 8-3 on Wednesday, evening their NL division series at 2-all.

Relegated to the bullpen, Lincecum entered in the fourth inning and struck out six while giving up just one run in 4 1/3 innings, helping the Giants pull away for the win. **THE ASSOCIATED PRESS**



Blue Bombers rookie quarterback Joey Elliott breaks away from Alouettes defender Kenny Ingram in Montreal on Monday. Winnipeg is unsure if they will start Elliott for Saturday's home game against Calgary or veteran Buck Pierce, who is recovering from a concussion. **GRAHAM HUGHES/THE CANADIAN PRESS**

Blue Bombers' QB concerns mounting

Buck or Elliott. Backup rookie pivot ready to step aside for clash with Stamps if veteran gets the okay to play

The Winnipeg Blue Bombers were still waiting Wednesday to see if starting quarterback Buck Pierce would be cleared to play this weekend against the visiting Calgary Stampeders.

Winnipeg head coach Tim Burke said the team is expecting an update on Pierce's health and will need to make the decision on Thursday of who to start for Saturday's game against Calgary. Pierce has been out with a concussion since the team's last home

game Sept. 29.

Backup quarterback Joey Elliott earned CFL player-of-the-week honours for leading the Bombers to a 27-22 upset win over Montreal on Monday.

But he says he knows when Pierce is healthy, he'll be taking over, and that could be this weekend.

"True, I mean it could happen, coming off a good game you always want to build on that," said the backup, after a practice Wednesday in which Pierce was very active, although he wasn't allowed to speak to reporters.

"At the same time, (for) our organization and the franchise, Buck's our quarterback, and they're going to stay behind that 110 per cent. When he's healthy he's going to be ready to go."

Elliott now has two wins

this season as a starter for the 4-10 Bombers. Pierce has one and so does backup Alex Brink.

Pierce was sidelined in July with a foot injury and was only in the second game since his return when he got decked by a helmet to the chin from Toronto Argonaut Brandon Isaac.

There has been a lot of talk about the number of concussions he has had and whether he should return at all. Pierce refuses to reveal a number and the Bombers say any decision to call it quits would be up to him.

As they prepare for Saturday, the Bombers know they have to find a way to reverse the kind of domination the Calgary Stampeders showed during their first meeting last month, when they trounced Winnipeg 44-3.

THE CANADIAN PRESS

CFL back in Ottawa?

The CFL moved closer to returning to the nation's capital Wednesday after Ottawa city council voted to proceed with plans to redevelop Lansdowne Park.

- The vote.** Resolution to refurbish Frank Clair Stadium and add new retail and residential developments passes 21-3.

- Reaction.** CFL commissioner Mark Cohon greeted the news with enthusiasm, saying a football franchise will make Ottawa proud while hoping that work on the facility would be concluded by early 2014.

Cycling. USADA releases doping report on Armstrong

Lance Armstrong challenged the U.S. Anti-Doping Agency to name names and show what it had on him.

On Wednesday, it did.

The anti-doping group released a report on its case against Armstrong — a roadmap of the lengths Armstrong went to win seven Tour de France titles.

The report details cheating by Armstrong's teams and names 11 former teammates — Tyler Hamilton, Floyd Landis and Toronto's Michael Barry among them — as witnesses.

Quoted

"The most sophisticated, professionalized and successful doping program that sport has ever seen."

USADA chief executive Travis Tygart

The report accuses Armstrong of depending on performance-enhancing drugs to fuel his wins and "more ruthlessly, to expect and to require that his teammates" do the same. **THE ASSOCIATED PRESS**

Cycling

Barry relieved after USADA testimony

Toronto's Michael Barry says coming clean on his past doping is both emotional and liberating.

Barry said in an interview it "feels good to be honest and not have to live a lie anymore."

He made the admission after the USADA said he testified against Lance Armstrong in a doping investigation. **THE CANADIAN PRESS**



Michael Barry
GETTY IMAGES FILE

The Alberta Labour Relations Board has decided that the NHL's lockout of players from the Edmonton Oilers and Calgary Flames can continue.

The board said in a written ruling released Wednesday that forcing an end to the lockout for two members of a 30-team league would be unlikely to solve the dispute between the NHL and the players' union.

"It is our expectation this is nothing more than an unhelpful distraction from their efforts," the ruling said.

"An order declaring the

Quoted

"The players are obviously disappointed with today's decision."

A statement from the NHLPA

lockout to be in violation of the (Alberta Labour Relations) Code would have no positive impact on this dispute."

The NHLPA had wanted the board to rule the lockout illegal in Alberta.

THE CANADIAN PRESS

4 SPORTS

Horoscopes**Aries****March 21 - April 20**

The only thing that can hold you back is a negative attitude to life. No matter how tough things may be, or you think they may be, make sure you look on the bright side — and your day will be brighter too.

Taurus**April 21 - May 21**

Promise yourself now that no matter how much certain people may annoy you, it is not going to change what you do. Also, don't lose your temper. If you do, it means they will see it as a victory.

Gemini**May 22 - June 21**

Don't be too eager to change things today because the planets indicate you will just have to change them back again later. On the work front, especially, you are advised to sit tight and not rock the boat — yet.

Cancer**June 22 - July 23**

Something is worrying you to the extent that you can't get it out of your head. You of all people should know it's not healthy to dwell on negative thoughts, so focus your mind on something more uplifting.

Leo**July 24 - Aug. 23**

Watch what you spend today: Cash will slip through your fingers so easily. Neptune in the wealth area of your chart brings lessons about the true value of money and possessions. They don't have to be hard lessons.

Virgo**Aug. 24 - Sept. 23**

There is a danger that your imagination will get the better of you and before you know it, you will be off in la-la land with all the other fantasists. You don't want that. Keep your head out of the clouds.

Libra**Sept. 24 - Oct. 23**

Others are going to misunderstand you today, willfully or otherwise, so it probably does not matter what you say or do. Everyone has an opinion but that does not mean you have to listen to them all.

Scorpio**Oct. 24 - Nov. 22**

Saturn in your sign is linked to Neptune, planet of generosity, so make sure that what you give, either as a gift to a friend or as charity to a stranger, is put to good use. Don't just give and forget.

Sagittarius**Nov. 23 - Dec. 21**

You seem to have got it into your head that you owe other people more than they owe you. That's highly unlikely to be true. The fact is you owe nothing to anyone — except, of course, to yourself.

Capricorn**Dec. 22 - Jan. 20**

Are you seeing things as they really are or is your mind painting pictures that are designed to make you feel good? Your task today is to recognize life for what it is, not what you wish it might be.

Aquarius**Jan. 21 - Feb. 19**

It's not easy seeing things from another person's point of view, especially when your own outlook is somewhat rigid, but you must make the effort today. If you do, what you see will both delight and enrich you.

Pisces**Feb. 20 - March 20**

Do not give up on a project that seems to have ground to a halt. Maybe it has, but the planets say is only a temporary delay and one that may even benefit you in the long term.

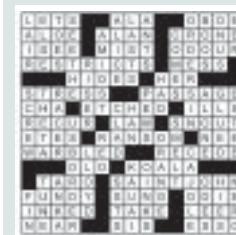
SALLY BROMPTON

Fun Stuff**Across**

- Halloween's month: abbr.
- The ___: Canada's largest department store, familiarly
- Whirlpool site
- Excite, as an appetite
- "Dear Sir or ___"
- Blacken in a pan
- Biblical ark builder
- BC neighbour to the south
- Need
- Activate, as an elevator button
- 8 miles from Lake Louise, this lake has the same blue-green color and is named from the rockpile at one end
- Wowed
- Rowboat equipment
- Canada's most populous province
- Post-___ drip: cold symptom
- Morning ___: climbing flower
- 4th month
- "Are we having ___ yet?"
- Garfield* comic strip dog
- Puts money into a poker pot before cards are dealt
- Mexican restaurant fare
- Moines, Iowa
- Easy to see or understand
- Tiny bits, from a Greek letter
- Detox center
- Midpoints
- Minerals
- Boozehound
- Stuck (to)
- Apartment owned by a resident
- Biblical Jacob's brother
- It's often stranger than fiction
- Distinctive flavour
- Business group
- Holding a higher position
- Heavy-metal vocalist Osbourne
- Beach pursuit
- Air leak sound
- End-of-summer mo.

Down

- Possess
- Cut with an ax
- Rip, as paper
- Evil
- Comic Sandler
- Google competitor
- Bond portrayer Connery
- Window unit
- Statues and paintings, e.g.
- IMAX ___
- Ebenezer Scrooge, for one
- Toronto-born Rick of *Honey, I Shrunk the Kids*
- Cheese with holes
- Bend with the breeze
- Shrinking Asian inland sea
- Mother of William and Harry
- More aged
- Racket
- Eye related
- "___ worse than death" (2 wds.)
- Star Wars creator George
- Deity
- Sign up for more magazine issues
- 1, 2, 3, etc.: abbr.
- Canada's fourth-largest province
- Biggest city in 25-Across
- Peel, as an apple
- Pay ___ mind: disregard (2 wds.)
- [Yawn]: (2 wds.)
- Specialized market
- Belgrade citizens
- Where to find Siberia
- "Heck"
- Batman and Robin and Abbott and Costello
- Haagen-___ ice cream
- Entre dix et douze
- Lizard often found in crossword puzzles
- Boob tubes
- Cheat

Yesterday's Crossword**What's online**

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	4	6	7	5	8	1	2	9
2	1	8	4	9	3	7	6	5
7	5	9	2	6	1	3	8	4
9	7	1	6	3	5	8	4	2
8	3	4	9	7	2	1	5	6
6	2	5	8	1	4	9	7	3
5	8	7	3	2	6	4	9	1
1	8	3	6	4	7	6	2	8
4	6	2	1	8	9	5	3	7

2	8		6	5
7		3	9	
		7	6	4
		7	8	3
4			6	
		4	1	7
8				6
		2	4	
4			7	5
		3	2	1
3			5	8

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MIN: -4°**SATURDAY**MAX: 5°
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